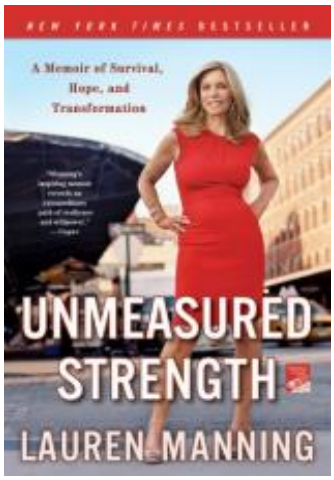
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Unmeasured Strength

by Lauren Manning



About the Book

A survivor's awe-inspiring story of how she overcame tragedy and re-created herself as a wife, mother, and woman.

Long before that infamous September day, Manning learned the importance of perseverance, relentless hard work, and a deep faith in oneself. So when the horrific moment of her near-death arrived, she possessed the strength and resilience to insist that she would not yield --- not to the terrorists, not to the long odds, not to the bottomless pain and exhaustion. But as the difficult months and years went by, she came to understand that she had to do more than survive. She needed to undergo a complete transformation, one that would allow her to embrace her life and her loved ones in an entirely new way.

Fleeing the burning tower, Manning promised herself that she would see her son's face again. Courageous and inspiring, **Unmeasured Strength** tells the riveting story of her heroic effort to make that miracle --- and so many others --- possible.

Discussion Guide

1. September 11th is a day forever etched in the hearts and minds of all Americans. In the book, Lauren talks about the healing power of relating one?s experiences during the tragedy. Where were you on that morning? Have you told your story of that day to others? If so, why was it important to you to let people know what you went through and how it made you feel? Have you heard Lauren?s story before?

2. Lauren describes herself as a strong-minded young girl, who embarked on many adventures with her siblings. What characteristics shaped her in her youth to become a highly successful career woman and to battle back from the injuries she endured?

3. Lauren talks about how even the simplest course of action affects the entirety of one?s life. There were so many stories of lives being saved by a phone call or a quick stop at the coffee shop. How have the lives of the people in the book been altered by these fortunate incidents? Have you ever missed the path of misfortune because you were redirected by fate at the last minute?

4. We see so many parallels in the book such as putting on makeup for the first time as a teenager and then after her injury; her younger sister, Gigi, losing mobility in her hand and Lauren?s hands greatly altered after the burns. What purpose do these anecdotes play in telling Lauren?s story? How do they work within the narrative?

5. Lauren exhibits amazing strength in the face of so much adversity. What do you think attributed to Lauren?s strength to survive? Was it the values instilled by her parents? The support of family and friends? The love she had for her son? What truly makes a person a survivor?

6. Before 9/11, Lauren?s life seemed to revolve around her job on Wall Street. How have her priorities (and that of those around her) changed after that fateful day? Does encountering such a tragic moment put your life in perspective?

7. In today?s society, the media seems to dictate what it means to be beautiful. How has Lauren?s perspective on beauty changed after her own physical alteration? What is true beauty and how is Lauren a prime example of it?

8. There have been many symbols throughout Lauren?s journey. What are some symbols you can identify (i.e. masks, scars)? What do they mean to Lauren in her rediscovery of herself?

9. Many people call Lauren a hero, but Lauren proudly calls herself a survivor. What do you think makes someone a hero? Is there a difference between the two?

10. When Lauren sheds her pressure garments, she slips on a black dress and four-inch Christian Louboutin heels. What role does fashion/clothing play in Lauren?s story? How is this a turning point in her recovery, both physically and emotionally?

11. In one scene from the book, Lauren comments on a photograph that was taken of her and Tyler three years after the attacks. She is seemingly happy then, but realizes years later that the woman in the photo is an"injured stranger." What does she mean by this? How has she changed from then to the present?

12. Lauren and Greg try desperately to have a second child despite numerous failed attempts, and are finally blessed with the birth of Jagger. What do you think the birth of her second son means to Lauren? What does it mean for her to be a mother?

13. Although 9/11 brought so much heartache and grief to all, Lauren stayed positive and took as many lessons from the experience as possible. What are some of the lessons she has learned? Could you find light at the end of such darkness? Despite the obvious devastation of the attacks, what are some of the positive outcomes Lauren has experienced personally as a result of the tragedy?

Author Bio

Lauren Manning is a former managing director and partner at Cantor Fitzgerald. Her story of surviving the 9/11 attacks has been featured on "The Oprah Winfrey Show," NBC's "Today Show" and many other media outlets around the world; CNN recently chose her as one of the most intriguing newsmakers of the past 25 years. The recipient of many honors and awards, she lives in New York City with her husband, Greg, and their two sons, Tyler and Jagger.

Critical Praise

"An extraordinary story of the spirit?s triumph over pain and the body?s will to stay in this world despite being literally burned alive in the fires of the Twin Towers?This is a message of hope that we can all be grateful to share."

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